Salvia Divinorum

Learning Objectives

- Terminal Learning Objective: The unit commander will become familiar with Salvia Divinorum and be able to determine the impact it may have on the unit personnel and/or readiness
- Enabling Learning Objectives:
  - Describe the availability of Salvia Divinorum to Soldiers
  - Describe the methods of use and levels at which Salvia Divinorum affects the brain
  - Describe the current legal status of Salvia Divinorum across the Department of Defense and various States

What is Salvia Divinorum?

- An herb in the mint family
- A species of sage
- Used for its psychoactive effects

Form

- Green leaves
- Dried leaves
- Extract

Methods

- Ingestion, chewing and swallowing
- Sublingual, under the tongue
- Smoking, pipe or cigarette

Effects

- Level 1: Subtle Effects, a feeling that something is happening
- Level 2: Altered Perception, Colors and textures are prominent
- Level 3: Light Visionary State, Two dimensional imagery
- Level 4: Vivid Visionary State, complex three dimensional imagery
- Level 5: Immaterial Existence, complete inner experience
- Level 6: Amnesic Effects, unconscious or unable to recall experience

Effectiveness

Form	Method	Effectiveness	Time
Green Leaves	Ingestion or Sublingual	Most effective if you hold in your mouth or under your tongue for about 30 minutes rather than immediately swallowing	Oral: First effects in 10-20 minutes; peaks for 30 minutes to an hour; entire experience lasts for 1-3 hours
Dry Leaves	Ingestion, Sublingual, or smoking	Smoking creates a short but intense experience; oral methods create a mild, longer lasting experience. The mild, longer lasting experience is provides more time for those exploring various levels of consciousness	Smoking: first effects in about 1 minute; peaking in about 2 minutes lasting 5-10 minutes; entire experience lasts up to an hour
Extract	Sublingual or Smoking	Extract can be more potent (5X or 10X). Extract fortified leaves increase the effectiveness of both green leaves and dry leaves due to the increased concentration of Salvinorin-A.	Same as above; depends on method of use; either oral or smoking

Unknown Effects

- Addiction
- Health Problems
- Smoking Risks
- Overdose
- Physical Danger

Availability

- Extract and dry leaves are widely available over the Internet
- Plants are available at nurseries
- Easily grown as potted plants or in the ground

Legal Status

- Salvia Divinorum is uncontrolled in the United States by federal law
- Controlled or illegal for human consumption : Virginia, Tennessee, Oklahoma, North Dakota, Missouri. Mississippi, Maine, Louisiana, Kansas, Illinois, Florida, Delaware, California (18 and under)
- States pending legislation: Pennsylvania, Oregon, Ohio, New York, New Jersey, Iowa, Georgia, Alaska

Legal Status

- US Army:
  - AR 600-85, para 4-2m(2) states that any drug that is used *“for the primary purpose of inducing excitement, intoxication, and/ or stupefaction”* is prohibited.
    - Salvia Divinorum and Salvinorin-A fall within this clause.

Summary

- Salvia is readily available to Soldiers
- Be aware that your Soldiers may be experimenting with it
- Salvia is a hallucinogen that, depending on method of use, usually creates effects lasting from 1-3 hours
- Salvia Divinorum may be a harmful drug, but there is not a lot known about possible long term harmful effects at this time.

If you require additional information about Salvia Divinorum or any other drug, contact your installation's Army Substance Abuse Program Office or visit the Army Center for Substance Abuse Programs website at www.acsap.army.mil.